

## Spring 2024 Training Schedule

Effective May 1st 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						Children's Class 9:30 - 10:40 AM	
						Regular Aikido <sup>1</sup> 11:00 - 1:00	Regular Aikido <sup>1</sup> 10:00 - 12:30
1:00 PM						Balintawak 1:00 - 5:00	
Dojo opens 15 - 30 minutes before the class starts							
			Children's Class 6:30 - 7:40 PM				
	Regular Aikido 7:00 - 9:00 PM	Balintawak 7:00 - 9:00	Regular Aikido 8:00 - 9:30 PM (Weapon Wednesdays*)	Balintawak 7:00 - 9:00	Regular Aikido and Invited Youth 7:00 - 9:00 PM (youth to 8:30)		
10:00 PM							

\*Weapons: may also be used in any classes

Sensei:

416-844-5905

Children and Youth: 5 -14 years (may join adults by invitation)

<sup>1</sup> Please register for classes the day prior at the latest. If no registrations are received, class may be cancelled.